

**Hints on How to Live an Inexpensive GF Lifestyle**  
(Lori Bakes – [www.loribakes.com](http://www.loribakes.com))

Hopefully if you follow these guidelines, the only thing you will be “spending more” of to live a GF lifestyle will be time but when you look at the food you are eating it is all healthier than what you can buy prepackaged or frozen anyway.

Another good thing to keep in mind is to shop from the perimeter of the grocery store and buy very few things that come in a box, bag or has a shelf life date stamped on the bottom. You will actually save money by doing that as well since this is where the more expensive snacks or foods are usually found.

1. Buy flours in bulk and make up my own flour mixes. Do not buy any premixed or prepackaged items that you are able to make up yourself. The mixes are way more expensive. You can purchase a case at the HFS for a discount and/or search online for the best prices (don't forget to factor in S&H).
2. Look for meats, vegetables and fruit on sale or reduced prices and plan your meals using those items.
3. Only buy the fruit and vegetables that are in season or less expensive.
4. Buy as much as you can at the wholesale grocery stores, discount stores or regular grocery stores. Limit shopping at the more expensive grocery stores which offer attractive prepared and new GF items which will tempt you to buy and spend more money.
5. Make home cooked meals from natural, easy to find foods which are less expensive than prepackaged items such as chicken nuggets and frozen waffles. By making almost everything from scratch, you will end up saving money.
6. Snacks are also healthier when made at home or they can be bought from a regular grocery store. Examples are nachos chips, popcorn, yogurt made into a parfait homemade cookies, granola, trail mixes and muffins, fruit kabobs and vegetables with a homemade GF dip.
7. Look for recipes from all different sources including magazines and borrowing cookbooks from the library. Look for recipes that are naturally GF (no conversions necessary) and usually that is less expensive. A great site to check is [www.allrecipes.com](http://www.allrecipes.com)

8. It is easier and less expensive if the whole family eats GF for the most part so that you are not making and buying a bigger variety of foods to satisfy different people. If the situation allows, only buy regular pasta and cereal for the non GF members in the house to eat because they do tend to be cheaper.
9. Make a meal plan and stick with it. Have a long list of meals that your family will eat and just rotate through them adding in a new meal on occasion instead of trying new foods all the time which can lead to waste.
10. Buy the bare minimum at the HFS. Limit the types of GF food products you buy to cereal, noodles, crackers, pretzels and a limited amount of convenience snack items such as energy type bars. Anything that can be made at home should be made at home unless you can work additional GF food products into your budget.
11. Use leftovers and be creative with them. Do not throw anything away and use the freezer a lot. An example would be that a roasted chicken or chuck roast for one meal can turn into a delicious pot pie for another.
12. Set aside a day or days to prebake and cook in bulk. Be “creative with dinner” and make a few meals of the same and then freeze so that they can be thawed and eaten on another day. Marinated meats work out great this way.
13. Eat nontraditional foods for meals. This will cause less wasted food from the idea that you “must” eat a determined type of food for breakfast, lunch or dinner. Pancakes with fruit compote, sausage and hash browns are just as healthy at dinner time.
14. Look at ways to expand your foods. For example a quarter pound of ground meat goes further if prepared into a spaghetti sauce or an addition of homemade granola with some dried fruit and nuts added to store bought GF cereal will make the cereal last longer.
15. Invest in a good basic GF cookbook such as Carol Fenster’s “Gluten Free 101” so that you can get accustomed to now baking and cooking typical foods GF.